

3/2/18 – COLORADO FEDERAL EXECUTIVE BOARD (CFEB)
ALL EMPLOYEE ANNOUNCEMENTS – PLEASE DISTRIBUTE
<http://www.colorado.feb.gov/>

CFEB EMPLOYEE RECOGNITION OPPORTUNITIES

Nominations are open until March 16, 2018 at 5:00 pm for the 2018 Rocky Mountain Eagle and United We Serve Awards

ROCKY MOUNTAIN EAGLE AWARDS

<https://colorado.feb.gov/programs/awards/rocky-mountain-eagle/>

PERFORMANCE PERIOD | Awards recognize on the job performance from January 1 – December 31, 2017

NOMINATION PERIOD | February 7 – March 16, 2018 | Deadline is 5:00 pm MT

UNITED WE SERVE AWARDS

<https://colorado.feb.gov/programs/awards/united-we-serve/>

Recognizing exemplary volunteer and community service by government employees in Colorado

PERFORMANCE PERIOD | Awards recognize volunteer service from January 1 – December 31, 2017

NOMINATION PERIOD | February 7 – March 16, 2018 | Deadline is 5:00 pm MT

2018 CFEB PUBLIC SERVICE RECOGNITION WEEK AWARDS CEREMONY

May 9, 2018 | 1:00 – 3:00 pm | Aurora Municipal Center, Aurora CO

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CFEB 2018 FED FORCE DRAGON BOAT FESTIVAL TEAM

The Colorado Federal Executive Board is soliciting new team members for the 2018 FED FORCE DRAGON BOAT TEAM. Teams are coed. Members must be present on race day and attend as many training sessions as practical. We will be competing in the 250M Flag Catching division.

DRAGON BOAT FESTIVAL – Sloan's Lake, Denver, CO | July 28 & 29, 2018 – Festival Days | Race day is either the 28th or 29th TBD

Send email to Jeff Conn | jconn@colorado.feb.gov if interested no later than 2 March, 2018.

###

UPCOMING CFEB SPONSORED BREAKFAST SERIES CLASSES

For more information contact the CFEB at 303 202 4588 or jconn@colorado.feb.gov

10 Items to Take Care of When Planning Retirement

March 15, 2018 | 8:00 – 9:00 am | Denver Federal Center, CFEB Training Room, Bldg. 25, Denver, CO | Free | Class is full, email jconn@colorado.feb.gov to be placed on the wait list.

INSTRUCTOR | Sharla Rountree, Federal Retirement Benefits

Spousal Benefits - FEGLI - Long Term Care - Living Benefits

March 23, 2018 | 8:00 – 9:00 am | Denver Federal Center, CFEB Training Room, Bldg. 25, Denver, CO | Free | Online registration required: <https://colorado.feb.gov/register/?ee=444>

INSTRUCTOR | Stephen Crawford, Federal Benefits Specialist

Phased-in Retirement & Proposed Changes to Federal Benefits in the 2019 Budget

March 27, 2018 | 8:00 – 9:00 am | | Denver Federal Center, CFEB Training Room, Bldg. 25, Denver, CO | Free | Online registration required: <https://colorado.feb.gov/register/?ee=432>

INSTRUCTOR | Ann Vanderslice, Retirement Planning Strategies

Women & Money

April 12, 2018 | 8:00 – 9:00 am | | Denver Federal Center, CFEB Training Room, Bldg. 25, Denver, CO | Free | Online registration required: <https://colorado.feb.gov/register/?ee=442>

INSTRUCTOR | Ann Vanderslice, Retirement Planning Strategies

###

MARCH

2018 ROCKY MOUNTAIN SURVEYORS SUMMIT

March 7-9, 2018 | Begin 7:00 am | Arvada Center for the Arts & Humanities, 6901 Wadsworth Blvd Arvada, CO | Register at: https://www.plsc.net/2018_summit.php

The Professional Land Surveyors of Colorado (PLSC) invite you to be a part of the 8th Annual Rocky Mountain Surveyors Summit. The PLSC is dedicated to the improvement of land surveying education and practice. We encourage land surveying professionals and individuals interested in our profession to participate in our upcoming events, visit our Chapter websites and be involved! This is a great profession, and PLSC is here to support the profession to continually improve the survey practice within Colorado.

CONTACT | plsc@plsc.net

###

DEFENSE & VETERANS BRAIN INJURY CENTER (DVBIC) WEBINARS

March 8, 2018 | 11:00 am – 12:30 pm | Topic: DVBC: A Quarter Century of Advances in Clinical Practice | To Sign up for the webinar: <http://dhaj7.cds.pesgce.com> | Please note, registration is required for each webinar regardless if the participant has an existing PESG account. Upon completion of registration, a confirmation email will be sent providing webinar event details

Future webinars | May 10 | July 12 | September 13 | November 18

CONTACT Robin Wininger | 719 526 8636 | robin.r.wininger.ctr@mail.mil

###

DENVER FEDERAL CENTER BLOOD DRIVES

March 8, 2018 | 8:00 am – 1:30 pm

April 12, 2018 | 8:00 am – 1:30 pm

Denver Federal Center | Bldg. 67 | Hungry Horse Room | Visitor Level next to the Café

Take a break to donate. Donate before you go on Spring Break and help save lives.

CONTACT Bonfils Blood Center | 303 363 2300 | Lori Freeksen at lori_freerksen@bonfils.org
Bonfils.org and use site code 2015

###

SAFETY PREPAREDNESS CLASS “STOP THE BLEED”

March 12, 2018 | Denver Federal Center, Bldg. 41, Remington Arms Room, Denver, CO | Class – Free, Option to purchase Tourniquet Kit - \$25.00 | **Limited Seating – registration required**

9:00 - 10:30 am | Register: <https://colorado.feb.gov/register/?ee=435>

11:00 am - 12:30 pm | Register: <https://colorado.feb.gov/register/?ee=436>

1:00 - 2:30 pm | Register: <https://colorado.feb.gov/register/?ee=437>

3:00 - 4:30 pm | Register: <https://colorado.feb.gov/register/?ee=438>

INSTRUCTORS | Centura Health Trauma Team members

CONTACT | Jeff Conn | 303 202 4588 | jconn@colorado.feb.gov

###

PEACE CORPS ONLINE INFO SESSION

Serve Where You're Needed Most

March 12, 2018 | 6:00 – 7:00 pm MT

Register Online: <https://www.peacecorps.gov/events/info-session-serve-where-youre-needed-most-2018312/>

Serving in the Peace Corps is a great way to immerse yourself in a new culture, learn a new language, and have the experience of a lifetime. Join us at this online information session to learn about some of our featured openings and how to qualify. Learn about Volunteer experiences, ask questions about service, and gain tips to guide you through the application process.

Agriculture Programs

March 25, 2018 | 12:00 – 1:00 pm MT

Online | Register at <https://www.peacecorps.gov/events/info-session-agriculture-programs-2018325/>

Apply your agriculture know-how overseas to help feed our world. The Peace Corps needs agriculture specialists to address global food security, conservation concerns and climate change issues at grassroots levels. Help improve a community's livelihood and develop sustainable solutions while gaining global skills.

CONTACT Karyn Sweeney | 480 265 6461 | ksweeney@peacecorps.gov
www.peacecorps.gov/events

###

2018 FEMALE VETERAN WORKSHOP





March 24, 2018 | 9:00 am - 12:00 pm | Victor Candlin Post 18, 809 30th Ave, Greeley, CO |
RSVP: Deb Davis | 720 771 0344 | helen.k.osmundson206@gmail.com

###

CFEB FERS RETIREMENT CLASS

March 28, 2018 | 8:30 am - 4:00 pm | CFEB Training Room, Denver Federal Center, Denver, CO
| Cost: \$130 | Online Registration: <https://colorado.feb.gov/register/?ee=421>

For federal employees in the newer of the two federal systems, this class teaches you how to get the most out of your federal benefits. Topics include:

-  How to calculate your pension
-  How to maximize your sick, annual leave, & survivor benefits
-  All insurance benefits
-  Everything you need to know about the Thrift Savings Plan

INSTRUCTOR | Ann Vanderslice

CONTACT Jeff Conn | 303 202 4588 | jconn@colorado.feb.gov

###

APRIL AND BEYOND

CIVIL DISTURBANCE TABLE TOP TRAINING EXERCISE

April 4, 2018 | 8:30 am – 12:00 pm | Denver Federal Center, CFEB Training Room, Bldg. 25

Online Registration: <https://colorado.feb.gov/register/?ee=433>

This table top training exercise uses the FEMA Emergency Management Institute (EMI) exercise templates and situation manuals as a means to replicate a simulated incident/scenario where attendees discuss and agree upon actions that need to be taken. This is a great opportunity for agency continuity planners to test and build their plans.

FACILITATOR | LTC (USAR) Brett Williams, NORAD NORTHCOM J9

CONTACT | Jeff Conn | 303 202 4588 | jconn@colorado.feb.gov

###

CFEB CSRS RETIREMENT CLASS

April 11, 2018 | 8:30 am - 4:00 pm | CFEB Training Room, Denver Federal Center, Denver, CO |

Cost: \$130 | Online Registration: <https://colorado.feb.gov/register/?ee=422>

With the most complex set of government benefits including sick leave, annual leave, health insurance, life insurance, long-term care insurance and a complicated set of rules for calculating retirement benefits, the CSRS employee can wind up feeling overwhelmed and paralyzed. This class will teach participants how to maximize their CSRS benefits to retire successfully.

INSTRUCTOR | Ann Vanderslice

CONTACT Jeff Conn | 303 202 4588 | jconn@colorado.feb.gov

###

MEANINGology - Leading With and Into Meaning

April 16, 2018 | 9:00 am – 5:00 pm | DFC Bldg. 25 Lecture Hall, Denver, CO | Cost: \$200.00 per student | Online registration required: <https://colorado.feb.gov/register/?ee=443>

This foundations workshop, will introduce participants to:

- ✚ The basic MEANINGology® concepts, which will help them clarify and act from their own "Core of Meaning"
- ✚ The behavioral science behind the study of meaning,
- ✚ A unique philosophy and formula for meaning, and
- ✚ Practical tools and techniques to help them craft a new "Meaning Mindset" and, specifically, to use to create a habit of Meaning in their everyday work, following the workshop.

The goal is for participants to feel more aware, inspired, engaged, resilient, healthy, and eager to reach their full potential in both their personal life and work

INSTRUCTORS | The Global Meaning Institute & Ann Vanderslice

###

CFEB HALF DAY RETIREMENT CLASSES

Understanding the In's and Out's of your FERS benefits & Social Security 101!

April 25, 2018 | **8 am - 12 pm** | Register: <https://colorado.feb.gov/register/?ee=440>

April 25, 2018 | **1 – 5 pm** | Register: <https://colorado.feb.gov/register/?ee=441>

CFEB Training Room | Denver Federal Center | Lakewood CO | Cost: \$65 per class

- ✚ How are benefits computed including shortcuts?
- ✚ Types of retirement eligibility and the consequences>
- ✚ When is the appropriate time to retire, and what are the downsides to different ages and dates>
- ✚ What are the considerations for retirement eligibility?
- ✚ What about COLA's?
- ✚ What do most people do with survivor benefit choices? Is it different while I'm working versus at retirement?
- ✚ Do you understand the benefits of the flexible spending account?
- ✚ Breaking down the Social Security barriers – eligibility, dual entitlement, timing of taking benefits and more

INSTRUCTORS | Federal Retirements Benefits

CONTACT Jeff Conn | 303 202 4588 | jconn@colorado.feb.gov

###

FEDERAL CUP 5K WALK, RUN & KIDS FUN RUN

May 19, 2018 | 8:15 am | Denver Federal Center, Bicentennial Park | Cost: \$16.00 plus \$1.96 online registration fee | Come out, have fun & enjoy an early morning walk or run!!

Register: <http://www.runningguru.com/E1.asp?eID=37275>

###

SAIGE ANNUAL NATIONAL TRAINING PROGRAM

June 11-14, 2018 | Oneida Nation Radisson Hotel & Conference Center, Green Bay, WI | Cost: Cost: \$625 until 4/25; then \$700 until 5/25; \$750 onsite | Website: <https://www.saige.org>

"Sovereignty, Trust and Resilience" - Society of American Indian Government Employees (SAIGE) Annual National Training Program:

- ✚ Nationally known plenary speakers
- ✚ Training in Indian Law & Policy, Professional Development, EEO & HR, Indigenous Natural Resources & Cultural issues
- ✚ Youth Leadership Training for College Students
- ✚ Warriors/Veterans Track
- ✚ Culturally relevant evening events

CONTACT: Lori Windle | 303 293 5082 | lwindle@saige.org

###

HEALTH, SAFETY & SECURITY DAY

June 28, 2018 | 11:00 am - 1:00 pm | Denver Federal Center, Bicentennial Park | More information is forthcoming!!

Exhibits & Vendors:

- ✚ Health & Wellness
- ✚ Emergency Management
- ✚ Safety & Security
- ✚ Car Show
- ✚ Farmer's Market

###

2018 EEOC EXCEL CONFERENCE

July 10-12, 2018 | Washington Hilton | 1919 Connecticut Avenue N.W. | Washington D.C. | Cost: \$1500.00

<https://eeotraining.eeoc.gov/profile/web/index.cfm?PKwebID=0x2547d970&varPage=location>

Learn the latest EEO developments from the EEOC experts who enforce EEO laws and hear from other federal high ranking officials about their agencies' priorities and regulatory agenda. EXCEL satisfies annual federal agency EEO Counselor and Investigator Refresher requirements.

CONTACT | Patricia McMahon | 303 866-1344 | patricia.mcmahon@eeoc.gov

###

ONGOING ANNOUNCEMENTS

TSA VOLUNTEER OPPORTUNITY

TSA is seeking individuals that would like to volunteer their time to serve as decoy travelers (hereafter decoys) that would be willing to have limited amounts of explosive training aids either placed on the individual or in their carry-on luggage (provided by TSA), and walking through the airport environment as a terrorist role players.

The requirements are as follows:

- ✚ Decoys must not have health or emotional issues that would preclude working in close proximity to canines. Individuals will perform the decoy role in an airport environment acting as a traveler. In this role, the decoy must not object to being searched by TSA canine; have no fear of being around / near a canine; have no allergies to canines. The decoy must not have health issues that would preclude walking, standing or sitting.
- ✚ Decoys are not permitted to smoke at any time during an exercise or stand closer than Fifty (50) feet from a person who is smoking.
- ✚ Both male and female decoys are required, varying body mass indices and ages are encouraged.
- ✚ Decoys must be able to read, write and speak English.
- ✚ State, federal and municipal employees **or**
- ✚ Approved SIDA badge holders from the state of Colorado **or** other airports.
- ✚ Active **or** retired military.

Decoys will be expected to sign a Non-Disclosure Agreement. A safety briefing will be conducted prior to the training event. The decoy will be required to sign a safety briefing consent form. Training aids will remain under the control of TSA. Aids can be safely worn or carried by decoys as long as the decoy follows the protocols delineated in the safety briefing provided before each training event.

We will be holding ongoing training sessions with varied times. If interested, please reach out to our Program Assistant John Ramirez directly at 303-870-6270 or email DEN_K9@TSA.DHS.GOV

UNITED SERVICE ORGANIZATIONS (USO) PATHFINDER PROGRAM (TRANSITIONS SERVICES)

M-F | 8:00 am – 4:00 pm | Fort Carson | 1638 Elwell St, Bldg. 6236 Rm 127 | CO Springs, CO
CONTACT | Ron Kriete | 719 338 9322 | rkriete@uso.org | www.USO.org/pathfinder

Support from the USO doesn't end when you leave the military. USO Pathfinder extends the USO experience to you and your family as you transition from military service and settle into your new civilian community.

TRAINING @ DOI UNIVERSITY

<https://doiu.doi.gov/catalog.html?type=sp&id=lakewood>

Denver Federal Center | Bldg. 53, Denver, CO

DOI University (DOIU) offers competency-based training courses and programs designed to increase the skills of all federal employees.

CONTACT Pam Stovall | 303 236 0061 | Pamela_Stovall@ios.doi.gov

USGS TRAINING

USGS offers Instructor led, On-line, Virtual and User-Defined classes. Click on the link for a list of scheduled classes | <https://www2.usgs.gov/humancapital/doilearn/>

CONTACT Nancy Gregory | 303 445 4668 | ngregory@usgs.gov

DENVER COMMUNITY EMERGENCY RESPONSE TRAINING PROGRAMS

<http://www.denvergov.org/oem> | DenverCERT@denvergov.org | 303 725 3084

###

TOASTMASTERS CLUBS

Arrowhead Toastmasters Club

Tuesday's | 12:00 - 1:00 pm | National Park Service | 12795 W Alameda Pkwy | Lakewood CO (open to the public, but ID required at security check-point) | Rick Barrett | 303 969 2606 | rick_barrett@nps.gov | <http://4435.toastmastersclubs.org/directions.html>

Commerce Communicators

1st & 3d Thursdays of the month | 1 - 2 pm | Boulder Labs campus
CONTACT | Amanda Koepke | 303 497 4047 | amanda.koepke@nist.gov

Denver Federal Center Dam Good Speakers Club

Tuesdays | 11:30 am - 12:30 pm | DFC Building 67, Denver CO | Open to federal employees
vpm-3028571@toastmastersclubs.org | <http://damgoodspeakers.toastmastersclubs.org/>

Golden SpeakeEZ club – On the NREL campus

Thursdays 12:00 – 1:00 pm | Meet at reception | Open to federal employees
CONTACT | carrie.noonan@ee.doe.gov | 720 356 1644

Interior Business Center ASC Speakeasy Club

Wednesdays | 11:30 am - 12:30 pm | Meet at the Building 7301 Security Desk by 11:15 am | Open to all | CONTACT | Mike Novick | 303 969 5013 | mikeal_novick@ibc.doi.gov
<http://ascspeakeasy.toastmastersclubs.org/>

###

VAN & CARPOOL

AURORA OLYMPIC PARK TO INTERIOR BUSINESS CENTER

7301 W Mansfield | Denver CO 80235

ROUTE | Strasburg – Yale& Chambers – I225 – I25 – Hampden - Wadsworth Blvd

DUTY HOURS | Mon – Fri | 6:30 am – 3:45 pm

CONTACT | Jacque Ganger | jacqueline_a_ganger@ibc.doi.gov | 303-969-6606

LOOKING FOR ADDITIONAL VANPOOL WESTMINSTER TO LAKEWOOD

92nd and Sheridan Park & Ride TO Denver Federal Center and WAPA

Need 2 drivers/riders | DUTY HOURS | Mon – Fri | 6:30 am – 4:00 pm

CONTACT | Angela Sigala | sigala@wapa.gov | 720.962.7081

FORMING NEW VANPOOL CASTLE ROCK TO DENVER FEDERAL CENTER

Meadows Pkwy & I25 to Denver Federal Center

Need 3 drivers/riders | DUTY HOURS | Mon – Fri | 6:30 am – 3 pm

CONTACT | William Benzel | wbenzel@usgs.gov | 303 236 2444

FORMING NEW VANPOOL MONUMENT TO DENVER FEDERAL CENTER

HWY 105 Park & Ride TO Denver Federal Center

Need five drivers/riders | DUTY HOURS | Mon – Thu | 6:00 am – 4:30 pm

CONTACT | David Gwisdalla | gwisdalla.david@epa.gov | 303.462.9307

Vanpools needing riders are listed on the CFEB web site

<https://colorado.feb.gov/resources/van-pools/>

If you would like the CFEB to add your van or carpool to the web site, email the information to

jconn@colorado.feb.gov

###

HEALTH DOES MATTER**Veterans Free Monthly Non-Narcotic Care Clinics**

Held monthly | 9:00 am - 1:00 pm | Various Locations: www.healingwarriorsprogram.org

Denver Clinic | 2d Saturday of the Month | VFW Post 1, 841 Santa Fe Dr. Denver, CO

Longmont Clinic | 3d Saturday of the Month | Nat'l Guard Armory, 1512 N. Main St, Longmont, CO

CO Springs Clinic | 4th Saturday of the Month | American Legion Post 209, 3613 Jeannine Dr, CO Springs

Clinics designed to help those that have served our country. Please bring proof of military service, i.e. DD214 or military ID. Open to all service members and the spouse/partner/parent.

Healing Horses for the Armed Forces

CONTACT | Suzy MacKenzie | 303 596 2784 | eaglesnestranch501@gmail.com

Active duty and Veteran service members, as well as their family members are invited to come to the Eagles Nest Ranch and spend time with a horse free of charge.

Yoga @ DENVER FEDERAL CENTER - WELLNESS CENTER

Denver Federal Center | Bldg. 75 | Kiel Hovland | 303 236 6911 | kiel.hovland@gsa.gov

Tuesday's | 5:00 – 6:00 pm | Yoga for beginners and intermediates

Thursday's | 5:00 – 6:00 pm | Yoga for beginners and intermediates

Sue Doty | Pre-register @ 720-252-7935 | dotys1@yahoo.com

Drop in Cost is \$10 –or- 4-Punch Pass - \$30 (Classes open to all: Feds & Non-Feds; Members & Non-Members)

FEHB VIRTUAL SERVICE

1st Wednesday of every FEHB pay period | 9:00 - 10:00 am

Hosted by Kaiser Permanente | 1 800 632 9700 | kp.org/feds

CONFERENCE LINE | 1 855 851 8843 | Code 570 038 434 #

ONLINE | www.kpfedtalk.org | kpfedtalk1 | Follow prompts for audio

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JOB ANNOUNCEMENTS

<https://www.usajobs.gov/>

Helpful hiring tips from USAjobs.gov - https://help.usajobs.gov/index.php/Main_Page

Links to information on building your resume, etc. -

<http://www.fs.usda.gov/main/r3/jobs/outreach>

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CFEB EMAIL ANNOUNCEMENTS

To submit information to be included in the announcements, please email it by Wednesday of each week to jconn@colorado.feb.gov in the following format.

Title

Date | Time

Location | 3333 W 32 Ave | Denver CO (no punctuation)

Cost (if applicable)

Brief Description (very short marketing blurb | a couple of bullet points or sentences)

CONTACT Name | 303 333 5555 | email

Website

Recent CFEB announcements are posted on the CFEB web site

<https://www.colorado.feb.gov/index.php?content=10&page=Announcements>

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Have a safe and wonderful Weekend.

V/r

Fred Eidson | Executive Director | feidson@colorado.feb.gov

Jeff Conn | Deputy Director | jconn@colorado.feb.gov

Colorado Federal Executive Board (CFEB) | 303 202 4588 | <http://colorado.feb.gov/index.php>

Working for the greater good by creating partnerships for intergovernmental communication & collaboration!

Please email jconn@colorado.feb.gov to subscribe or unsubscribe from CFEB email